

Wheaton Fifty-Fit 55+
December 2021
Program Details

Computers & Technology

Tech Lobby Support— (Monday-Friday by appt.) - 2:30pm-4:30pm Receive one-on-one instruction on how to use your portable devices (smartphone, tablet or laptop). Please bring your device for your appointment. **Free! Pre-register during program hours**

Brain Fitness— (Mondays)- 10am #139384 The course is designed to provide students with new methodologies to challenge their brain and enhance their memory with interesting brain games, computer games, puzzles, simple math problems and other memory enhancing activities. The course has five 2-hour sessions devoted to a specific area of Brain Fitness.

Online Website Development— (Fridays)- 2-4pm #139381 Are you interested in creating a personal or business website on your own without having to spend a lot of money for software or professional help? In this introductory course you will learn how to design web pages using free online web authoring tools. No class 12/24 and 12/31.

Knowing Technology Series — (Wednesdays) 1-3pm #139383 Professor Carl M. Burnett will present an 8-part series on Knowing Technology. After VIII, the class will begin from the beginning with new information.

Fitness

Wheaton Cardio DVD— (Tuesdays at 9:15am #139389 Start your morning at Wheaton with a self-paced workout DVD. Complete 1, 2 or 3 miles. No class 12/28.

Shape and Tone—(Fridays) 9:30am-11am #138959 This class is designed to tone, firm and strengthen by targeting every major and minor muscle group in the body. The format will vary each class so as to increase the challenge to the muscles and allow for maximum results. A chair for support will be used for lower body exercises. The use of hand weights and resistance bands provides a means to safely improve muscle strength and endurance, range of motion, and flexibility. A warmup to raise the core body temperature and prepare muscles. The cool down stretch is to relax muscles and increase flexibility. Participants are encouraged to bring a resistance band; exercise mat and a pair of light hand weights Wear comfortable attire. No class 12/10, 12/24 and 12/31.

55+ Yoga— (Mondays at 9:15am #137390 & Thursdays at 2:30pm #137860) This gentle yoga class is for all levels that want to remain healthy and active. Focus will be on gentle movements for stretching, increasing the body flexibility, deep breathing techniques, balance and deep relaxation. Yoga offers a relatively safe way to promote joint health, restore balance and improve strength and stamina. No class 12/23, 12/27, 12/30

Zumba with Amy— (Tuesdays at 11am #138960 and Thursdays at 2pm #139382) This class will provide participants with choreographed Latin influenced and international dance instruction including a variety of exercise styles and dance routines that will help contribute to better overall fitness and health. No class 12/28.

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55+ Superpower Dance Circle— (Mondays & Wednesdays) 11am #138957 The Senior Superpower Dance Circle is for the young at heart to keep hearts young at any age to a variety of popular music, incorporating various dance styles including, hip-hop, jazz, Latin, line and scarf dance. The class culminates with cool-down stretches, deep breathing techniques and guided meditation. Our programs are designed to be engaging, fun, expressive and beneficial experiences for our students. Unleash your superpowers through music, dance, storytelling and guided meditation. Students are encouraged to participate at their own comfort level.

Wheaton Walks—(Wednesdays) 9:30am #139377 Wheaton Walks is a walking program open to walkers of all fitness levels. Each Wednesday morning, participants will meet in person at the Wheaton Community Recreation Center Lobby to participate in a group walk (Approximately 3 miles) in the neighborhood.

Functional Fitness—(Wednesdays) 3:15pm #139379 This class focuses on developing a wide variety of skills, including strength, balance, and flexibility. Exercises and activities will be aimed at not just fitness but helping participants with skills that are used in everyday activities. This class will use multiple modalities. Exercises will incorporate the use of mats, resistance tubing, and weights. No equipment provided.

Dance

Social Line Dance (Mondays) #138949 10am This program introduces participants to the basic patterns and steps for line dancing.

Beginners Ballet with Betty— (Wednesdays at 2:15pm #138961 & Thursdays at 11am #138962) Get ready to move like a dancer! No experience required. These exercises promote balance while improving muscle tone and posture. Have fun and get fit while learning the vocabulary of ballet. No class 12/30.

Line/Ballroom Dance with Amy (Wednesdays & Thursdays) #139378 1pm Line dance has grown far from its roots in social line dance and developed into a dance sport. It uses motions from Country, Ballroom, and Latin dance. Instructor Amy Chen can put you in touch with today's popular dances to make you a comfortable social dancer or a competitive hobby dancer. Each lesson is taught step-by-step at your own pace.

Socials & Clubs

Wheaton Indoor Track (W.I.T.) Club— (Mondays, Wednesdays & Fridays) 1pm-2pm #138958

Join the first 55+ Wheaton Indoor Track Club! Drop in to meet other walkers in the Wheaton community to socialize and stay fit!

Pictionary — (Mondays) - 1-1:45pm Drop In- Join Long Branch Senior Center participants as they play Pictionary in the Wheaton Community Lounge. No class 12/20.

Bingo — (Tuesdays) - 10am Drop In- Join Long Branch Senior Center participants as they play Bingo in the Community Lounge. No Bingo 12/28.

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AM Social — (Tuesdays) - 9:15am-10am Drop In-Join Long Branch Senior Center participants as they socialize and enjoy light refreshments in the Community Lounge. No AM Social 12/28.

Needles & Yarn — (Tuesdays) - 2pm #139386 If you crochet or knit- or if you've always wanted to learn-join the peer-led group for a chance to trade techniques and patterns.

Vocabulary Blast — (Mondays) - 1pm #139387 Practice your vocabulary while giving back. Participants will attempt to answer the correct definition for each word. For every correct answer, a small grain of rice is donated. Work together and see how much rice you can donate in an hour! No class 12/20.

Upcoming Speakers/Presentations

Holiday Fraud and Scams Thursday, December 16 at 10am

Join the ElderSAFE for a discussion on Fraud and scams that occur to Seniors during the holiday season.

Language & Arts

Intro to Drawing (Tuesdays at 10am) #138946

During this class, you will learn exercises to sharpen your skills of perception, steady your hands and open your minds to broader possibilities. Class on Thursdays at 10am have been cancelled. No class 12/28.

Beginners Portrait Painting (Fridays) 11am #139401

A 10-week introductory course focusing on the study of the human head. Materials used include canvas and acrylic paint. There will be 3 painting projects completed. Since this is an introductory course, we will start with a limited palette of colors. Class is full and will conclude December 17. Classes will meet once a week on Friday mornings for one hour.

Optional studio time will be available after class to continue working.

Speaking Everyday English (Fridays at 1pm) #141956

This class is designed to help speakers build confidence in their daily interactions with other English speakers, such as conversations with merchants, healthcare professionals, landlords, and government officials. Students will have the opportunity to practice common conversations in a no-pressure environment. The class will address using proper tense, understanding American slang and colloquialisms, and phrasing questions to get results. The class will be taught in English. No class 12/24, 12/31.

Sports

55+ Open Gyms for Volleyball, Basketball, and Badminton

Drop in and join in the fun. Sign up at the front desk for a Senior Sneaker pass which also includes access to the fitness center! Please stop by front desk for dates and times of 55+ open gym.

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Holy Cross Programs/Workshops

Senior Fit (Tuesdays & Thursdays 1pm-1:45pm)

Pre-registration required via Holy Cross.

Community Collaborations

Yoga Para Todos (Viernes) 3pm #136428

Esta clase de yoga incluye ejercicios de respiración completa para aumentar la capacidad pulmonar. Igualmente, se incluyen ejercicios de flexibilización y estiramiento de piernas, espalda y cuello para liberar las tensiones acumuladas. La práctica comprende posturas de Yoga para el equilibrio, posturas de pie, sentados y acostados. Estas posturas pueden ser practicadas por personas de cualquier edad ya que son de fácil ejecución. No hay clases el 24 y 31 de diciembre.

Chinese Dance & Fitness (Wednesdays at 10am) #139388

Fitness class led in Mandarin.

Kefa Café programs (FREE)

Please register beforehand with 55+ staff during program hours.

1pm Kefa Café Tea Social (December 20)

Nutrition Program Now Available

Our nutrition program is now available Monday-Friday. If you're 60 or older, you can donate any amount. The cost is \$5.93 per meal for those under 60 years of age. To make a reservation, please call 240-773-4833 or email wheatonseniors@gmail.com. Reservations are placed every Tuesday at 5pm for the following week.

Address	11701 Georgia Ave. Wheaton, MD 20902
Senior Center Hours	Monday-Friday 9 AM – 4 PM
Senior Center Director	Alejandro “Alex” Alcon Hablo español Office: 240-773-4829
Wheaton Senior Center	240-773-4830
Wheaton Senior Center Nutrition	240-773-4833 or email wheatonseniors@gmail.com

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